



Terms of Reference (ToR)

for

Development of Household Level Integrated Farming System Handbook

1. Background

The Nurture Every Future/ POSHAN Nepal Project is part of the broader Mother Child Wellbeing Initiative, funded by the Latter-Day Saints Charities (LDSC). A consortium program jointly implemented by CARE and IDE in Nepal, leverages their extensive technical and managerial expertise in health, nutrition, food, water, sanitation and hygiene (WASH), market systems, and Gender Equality and Social Inclusion (GESI) initiatives globally. Building on successful and unique collaborations with the LDSC, Nurture Every Future / POSHAN aims to achieve comprehensive development outcomes through integrated solutions by working with Health Systems, Food Systems, Market Systems and Empowering Women for Household Decision to address nutrition challenges at individual, household, and community level. The project reached over 153,000 individuals in 2024/25 and is expanding to reach 270,157 direct participants in 2025/26 across Sudurpaschim, Karnali, Lumbini and Madhesh Provinces targeted at 38 local governments/municipalities.

The Poshan Program aims to improve the wellbeing of children and their mothers in targeted districts of Nepal. The activities of this program aim to increase availability, accessibility, affordability and consumption of nutritious foods, improve quality and equitable health systems, improved knowledge and adoption of positive Maternal, Infant, Child Health and Nutrition (MICHN) behaviors, improve food safety and WASH and increase women's control over household decision-making.

The baseline study of the Poshan Program assessed key indicators to establish benchmarks for the program's impact and identify critical areas of intervention. One of the key areas of intervention is identified is to promote food production in an integrated way at household level so that the availability, affordability and accessibility of food is increased. Nurture Every Future - Poshan Program going through the existing guidelines and manuals find that there is need of drafting an integrated farming handbook to promote climate-resilient farming practices, resource-efficient, and livelihood-enhancing agricultural practices among rural households in marginalized communities of to contribute larger nutrition outcome in a sustainable way.

Integrated Farming System (IFS) is a holistic farming model that combines multiple agricultural practices within a farm to maximize productivity and resource use. It views the entire farm as an interconnected system, where different components work together to enhance the land's overall ecosystem functions. The concept of integrated farming systems has been developed in line with the concept of carefully conserving various elements of nature. Integrated farming methods increase and diversify overall production, income and nutrition, both quantitatively and qualitatively, while reducing risk. This system integrates soil and water conservation, energy conservation, rainwater harvesting, crop cycle management, multi-crop management, etc., and increases the integration of livestock and other crops through proper use of space and time.

The objective of this consultancy is to develop a household-level IFS handbook that will guide policymakers, practitioners, and communities in adopting holistic farming models suited to diverse agro-ecological and socio-economic contexts, fostering climate-resilient, resource-efficient, and livelihood-enhancing agricultural practices that strengthen household resilience, food security, and ecological health.

2. Rationale

To achieve long-term nutrition outcomes for mothers and children, access to diverse and nutrient-rich foods is essential. In Nepal, where communities largely depend on subsistence farming to meet food security and nutritional needs, integrating climate-smart and sustainable farming practices at the household level is critical.

Such integrated approaches can significantly enhance the availability of nutrient-dense foods directly from farms. In rural, remote, and economically disadvantaged areas, where accessibility and affordability remain major barriers, this handbook offers a practical solution. By producing and consuming their own nutritious foods through plant based and animal-based sources, households can improve dietary diversity. Moreover, selling surplus produce in local markets not only strengthens economic resilience for mothers but also improves the availability and affordability of nutritious foods within the community.

Working with the Poshan community involves supporting small-scale, subsistence farming systems that are often vulnerable to environmental shocks, resource limitations, and market constraints. Although many farmer practice mixed farming informally, there is observed gap in structured layout design for crop diversification, crop management techniques (crop rotation, mixed cropping etc.), manure and its use, soil and its basis composition, impact of pest infestation, residual effect of chemical fertilizers, harmful use of food rich in pesticide, water smart practices, and context specific guidelines that can systematically promote nutritional outcomes of mother and child.

Integrated farming offers a promising solution. Weaving together crops, livestock, fishery, poultry, agroforestry, horticulture, apiculture, into a unified management system. It promotes optimizing resources, reduced waste and diversified income. It's not just farming, it's about building resilient livelihoods, restoring ecosystems and nurturing communities.

3. Objectives of the Assignment

Primary objective is to design and develop a replicable, low cost, and climate resilient IFS handbook suited to marginalized and resource constraints communities in hill, Inner Madhesh and Terai that support changes on maternal and child nutrition based on tailored good agricultural practices

Specific objectives:

- To develop a comprehensive handbook in efficient and evidence-based adapted practices incorporating replicable good agricultural practices and components to support nutrition-focused gardening at the household level
- To create a hands-on practice package that promotes improved productivity, crop diversification, nutrient-dense food production, and climate resilience practices within household nutrition gardening practices.
- To develop as a practical resource tool for the agriculture extension officers, agriculture assistants/ technicians, community facilitators.

4. Scope of work

The consultant or firm will be responsible for

- a. Reviewing national policies, strategies and existing integrated farming frameworks / guidelines at national and international level
- b. Identify strengths, gaps and challenges in current approaches with a focus on diversity, productivity, sustainability and farmer wellbeing.
- c. Explore how traditional knowledge and recent local initiatives are effective in overcoming the challenges around integrated farming systems
- d. Create a comprehensive user- friendly handbook that serve as a handbook for implementing nutrition sensitive agriculture practices under integrated farming system in Nepal by incorporating monitoring, evaluation and learning component as well.

5. Target audience of this handbook

This handbook is primarily intended for lead farmers: who represents a particular health mother groups to delivered a hand on practice and skill. It also supports community participants by adhering to simple, practical guidance at household level. In addition,

extension service providers (Agriculture technicians, field facilitators, project staff) can use as a standardized reference for field support and relevant for local agriculture units and municipal stakeholders for engaging community intervention with government adapted practices to promote agriculture and nutrition initiatives.

6. Proposed content of the handbook:

The handbook is expected to include (but not limited to) the following criteria:

- a. Introduction IFS component and principles targeting nutrition at marginalized communities.

Ideal farming model (focused on nutrition gardening demonstration plot and household level poultry management): Crop management soil management, seed management, water management practices, production cycle, livestock management, composting, energy use,

- b. Climate resilience and environmental aspects in nutrition gardens (Water management, organic practices, IPM, etc.)
- c. Economic and market linkage (Input-output budgeting, value addition, lease farming, market access, digitization, Kishan card, Community Business Facilitator (CBF) modality)
- d. GESI integration (Role of men and women on farming system, enabling decision of small-scale producer on food system, information on friendly tools and technology)
- e. The handbook will also feature a simple participatory monitoring tool that the target audience can use to self-assess their progress in adopting improved agricultural practices.

A detailed image /visual explanation for the participatory learning for every component with technical description and basis procedure to follow up (structure detail, adapted replicative model etc.)

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7. Expected Deliverables

Inception report: 4 Days after signing the contract

Draft Development: 15 Days

Review and Discussion; 2-3 Days

Final handbook draft (In Nepali version also): 7-8 Days

Input-output flow chart

8. Duration and timelines

The assignment is expected to be completed over a period of 30 Days from the date of signing of the contract.

Reporting

The consulting firm will report to the Food and Nutrition Specialist/ Agriculture and Livelihood Specialist of POSHAN project for technical guidance.

9. Required qualifications

The consulting firm/institution or individual must have:

- a. Proven experience in developing agricultural handbook/guidelines/manual in Nepal or similar context.
- b. A consulting firm with a team of agriculture experts (horticulture/agroecology) and GESI expert or individual agriculture expert (horticulture/agronomy) with experience of GESI inclusion in the past work
- c. Strong understanding of ecological zones, rural livelihood and farming system in Nepal
- d. Ability to deliver high quality knowledge products.

10. Submission requirements

Interested parties are requested to submit

- a. A detailed technical proposal with approaches, methodology, work plan and timelines and team composition.
- b. Organization profile and relevant experience
- c. CV of key experts
- d. A financial proposal with itemized budget
- e. At least 2 references from past similar work.
- f. Company registration certificate for firms
- g. Latest tax clearance certificate for firms
- h. PAN/ VAT registration certificate (for both firms and individual consultants)

10. Deadline and submission

All Expressions of Interest (EoI) must be submitted either electronically or in hard copy by **29 August 2025** to the following:

Email/ Address: **npl.carenepal@care.org**

Subject Line: Eol- Integrated Farming System Handbook -Nurture Every Future/Poshan
(CARE Nepal)